



Council Of State Employees



Fall/Winter 2005

Congratulations to all the nominees for the 2005 Governors Award for Excellence in Public Service.

Beth Campbell – State Historical Society

***Carey Fry** – Job Service North Dakota

Justin Hegstad – North Dakota State University

***Brian Heitkamp** – Job Service North Dakota

***Mark Herz** – North Dakota State University

Deborah Huus-Petersen – ND Department of Human Services

Debbie Johnson – North Central Human Service Center/DHS

Bill Lardy – North Dakota Insurance Department

Deborah Maertens – North Dakota State University

G. David Massey – North Dakota Department of Public Instruction

Colleen McCoy – North Dakota State Hospital/DHS

Carol Meidinger – North Dakota Department of Health

Judith Qualley – North Dakota State University

Pamela Sagness – South Central Human Service Center/DHS

Gloria Schlosser – Job Service North Dakota

Charlotte Siemens – Southeast Human Service Center/DHS

*** 2005 Recipients**

***Arlen Skunberg** – North Dakota State University

Tammy Stuart – Job Service North Dakota

Jean Turcotte – Missouri/Yellowstone Confluence Interpretive Center – Ft. Buford State Historic Site

Mary Urlacher – Job Service North Dakota

Robyn Watkins – Developmental Center/DHS

Molly Ann Wiesen – Developmental Center/DHS

***Jeb Williams** – ND Game and Fish Department



Pictured from Left to right: COSE President Dave Senne, Carey Fry, Mark Herz, Governor John Hoeven, Brian Heitkamp and Arlen Skunberg. Not pictured: Jeb Williams.



Governor John Hoeven

State employees are doing great things every day on behalf of North Dakota's citizens, providing valuable services and ensuring the state is operating efficiently. It is gratifying to see state employees recognized for their dedication and contributions through increased compensation and awards programs, both on the state and agency level.

During State Employee Recognition Week, September 12-16, state employees were recognized for their outstanding service to the people of North Dakota. I had the honor of present-

ing five individuals with the Governor's Award for Excellence in Public Service for their exceptional distinction in serving the people of this state. Congratulations, again, to Jeb Williams, Brian Heitkamp, Mark Herz, Arlen Skunberg and Carey Fry.

Several state employees have also been recognized through the Employee Suggestion Incentive Program for their recommendations to reduce expenditures within their respective agencies. Several employees have been recognized and compensated this year for their cost-saving ideas, contributing to the efficient operation of their agencies and the state.

In addition to serving the citizens of North Dakota, state employees are dedicated to

making a difference in their local communities by giving of their time and resources. The 15th annual Council of State Employees shelter supply drive in Bismarck is a testament to that dedication. This year, state employees again exceeded their goal in donating supplies and funds that were provided to 10 area shelters and organizations. Similar campaigns and projects have occurred throughout North Dakota with state employees stepping up to help their local communities.

Thank you for all you do to make a difference for our citizens, our communities and our state. Because of you, North Dakota continues to be a great place to live, work, visit and conduct business.

New Award Winners Plaque



Beginning in 2005, the names of the recipients of the Governor's Award for Excellence in Public Service will now be listed on a new plaque since the availability of space on the eagles has been exhausted. The new plaque is

in the shape of the state as can be seen in the accompanying photo. The engraved tags on the plaque will include the year of the award and the names and agencies of the award winners and is large enough to hold 12 years worth of winners. The plaque will be prominently displayed in the outer office of the Governor's office for anyone to see. Stop by and look at the new plaque at your earliest convenience.

If nominated and chosen as the winner, your name or one of your fellow employees may one day also be listed on this new plaque. However, this can't happen unless the nomination information sheets are filled out and sent in for consideration. Will your name be included? How about one of your colleagues? It is never too early to start thinking about nominating someone for this award.

BEEF

Good news for consumers! You no longer have to sacrifice your craving for beef! Beef today is lean, tastes great and it's safe to eat. And North Dakota producers are committed to producing safe, great tasting beef for you.

Lean beef is a naturally nutrient-rich food. Most people are happy to learn that lean beef fits easily into a healthful diet – not just once in awhile, but even several times a week.

Consider these facts:

- * There are at least 29 cuts of lean beef that meet government guidelines for “lean.” In fact, the total fat content of each of these 29 cuts of lean beef falls between a skinless chicken breast and skinless chicken thigh when you compare the amounts of fat in 3-ounce cooked portions.
- * As part of a low-fat diet, research has shown that choosing lean beef can be effective in lowering blood cholesterol levels.
- * Lean beef is naturally nutrient-rich. A 3-ounce serving meets government guidelines as an *excellent* source of five essential nutrients: protein, zinc, vitamin B12, selenium, and phosphorus. And it qualifies as a *good* source of niacin, vitamin B6, iron and riboflavin.

When it comes to food safety, consumers also need to know that beef producers are committed to ensuring the product they produce and feed their own families is wholesome and as safe as it can be. Beef producers have funded millions of dollars worth of research into food safety and they have also encouraged the government to take aggressive steps to protect the beef supply and to assure consumers that beef is safe. This has resulted in strict regulations protecting consumers and guarding our American beef industry from BSE, foreign animal diseases, and many other food safety related issues.

If you would like to experience the great taste of beef with new beef recipes, please feel free to call the ND Beef Commission at 328-5120 and request your copy of “Beef Recipes for a Bright Healthy Lifestyle.”

Submitted by: ND Beef Commission



RECIPES
for a bright healthy lifestyle



COSE Clothing
available online at

<http://www.state.nd.us/cose/cloths.htm>

**Please visit the COSE
website for State
Employee Discounts
throughout the State.
Remember to check back often be-
cause these discounts are updated
regularly.**

www.state.nd.us/cose

Bismarck's 2005 Summer Blast Picnic

Where did you eat supper on August 18, 2005? If you were among the many state employees and their families who attended the Summer Blast Picnic, you had sloppy joes, chips, watermelon and cotton candy on the state Capitol grounds. The Bismarck – Mandan COSE Summer Blast Picnic was a great success

this year. The nearly 200 attendees were treated to a great meal and had the opportunity to tour Emergency Rescue vehicles and a North Dakota National Guard Blackhawk helicopter, which made a spectacular landing on the state Capitol Mall. Parents faced a challenge to get their kids out of the inflatable Moon

Walk jumper to come and eat, and there were lots of lucky winners of fun and exciting door prizes. If you missed this great event this year, make sure you watch for information about next summer's Blast!

Pictures below of the Black Hawk helicopter where taken by members of Facilities Management.



Snow Shoveling Safety

While shoveling snow can be good exercise, it can also be dangerous for optimistic shovelers who take on more than they can handle. The National Safety Council offers the following tips to help you get a handle on safe shoveling:

- ◆ Individuals over the age of 40, or those who are relatively inactive, should be especially careful.
- ◆ If you have a history of heart trouble, do not shovel without a doctor's permission.
- ◆ Do not shovel after eating or while smoking.
- ◆ Take it slow! Shoveling (like lifting weights) can raise your heart rate and blood pressure dramatically; so pace yourself. Be

sure to stretch out and warm up before taking on the task.

- ◆ Shovel only fresh snow. Freshly fallen, powdery snow is easier to shovel than the wet, packed-down variety.
- ◆ Push the snow as you shovel. It's easier on your back than lifting the snow out of the way.
- ◆ Don't pick up too much at once. Use a small shovel, or fill only one-fourth or one-half of a large one.
- ◆ Lift with your legs bent, not your back. Keep your back straight. By bending and "sitting" into the movement, you'll keep your spine upright and less stressed. Your shoulders, torso and thighs can do the work for you.
- ◆ Do not work to the point of



exhaustion. If you run out of breath, take a break. If you feel tightness in your chest, stop immediately.

- ◆ Dress warmly. Remember that extremities, such as the nose, ears, hands and feet, need extra attention during winter's cold. Wear a turtleneck sweater, cap, scarf, face protection, mittens, wool socks and waterproof boots.

Source: National Safety Council

Fish Award Nominees

Third Quarter Nominees:

- ★ Tony Trimarko, UND
- ★ Vivian Holzer, DHS
- ★ Leann Bayman, DHS
- ★ Erik Elkins, DHS
- ★ Carol Thompson, Central Services
- ★ Cheryl Wachenheim, NDSU
- ★ Burton Johnson, NDSU
- ★ David Hopkins, NDSU
- ★ Lila Carstenson, NDSU
- ★ Dr. Dragan Miljkovic, NDSU
- ★ Vincent McCord, NDSU
- ★ Dr. Jimmie Richardson, NDSU
- ★ Cynthia Reppen, NDSU



Congratulations to the 2005 3rd quarter winner, Cheryl Wachenheim. She will receive a COSE t-shirt.

Fish Awards

Friendly
Initiative
Smile
Helpful



Developed by the State COSE Board of Directors, the Fish Award:

- ❖ Symbolizes excellence in customer service,
- ❖ Recognizes employees who promote customer service in state government,
- ❖ Acknowledges employees who model excellence in customer service to other fellow State Employees,
- ❖ Exemplifies the standard "We all have a customer; we all provide service to others," and
- ❖ Recognizes employees who understand that "Providing customer service is part of our job."

For more information on this award, or to nominate someone, contact your COSE representative. All nominations must be received by December 31, 2005 to be eligible for the first quarters award. Nomination forms can be found on the web at www.state.nd.us/cose/ or from your COSE representa-

This newsletter is published three times a year by the North Dakota Council of State Employees (COSE). State employees are encouraged to submit articles or information about their agencies or institutions to their subgroup listed below. Any comments and concerns should also be directed to your subgroup chair listed below. Editorial Board: COSE Board of Directors. Publisher: Tina Freidt, 600 East Blvd. Ave, Bismarck, ND 58505

Bismarck

Pat Gross
(701) 224-5484
Bismarck State College
james.gross@bsc.nodak.edu

Stephan Schroeder
(701) 328-3403
Public Service Comm.
sas@psc.state.nd.us

Subgroup D
VACANT

Devils Lake

Judi Plummer
(701) 665-5100
Dept. of Transportation
Jplummer@state.nd.us

Dickinson

Phyllis Okland
(701) 483-2077
NDSU
Phyllis.okland@ndsu.nodak.edu

Fargo

Cindy Kozojed
(701) 231-8431
NDSU-Facilities Mgt. - Telecommunications
cynthia.kozojed@ndsu.nodak.edu

Sharon Morgan
(701) 231-7739
NDSU-Ag. Budget Office
smorgan@ndsuxt.nodak.edu

Barb Geeslin (Alternate)
(701) 231-8805
NDSU—College of Business Adm.
barb.geeslin@ndsu.nodak.edu

Grafton/Jamestown

Russell Baxter
(701) 352-4350
Developmental Center
54baxr@state.nd.us

Grand Forks

Dave Senne
(701) 777-3059
UND Facilities Mgt
dave.senne@mail.und.nodak.edu

Leyton Rodahl
(701) 777-6057
UND Facilities Mgt.
leyton.rodahl@und.nodak.edu

Doug Osowski (Alternate)
(701) 777-6809
UND Facilities
Douglas.osowski@und.nodak.edu

Minot

Steve Denn
(701) 857-8588
Dept. of Human Services—NCHSC
denns@state.nd.us

Williston
VACANT

Valley City

Jan Drake
(701) 845-7302
Valley City State University
Jan.drake@vcsu.nd.edu

WE'RE ON THE WEB
WWW.STATE.ND.US/COSE



Council Of State Employees

Becky Rosenkranz
(701) 328-3930
Protection/Advocacy Project
rrosenkr@state.nd.us

Jacqui Ferderer
(701) 328-2910
Securities Dept.
jferdere@state.nd.us

Tina Freidt
(701) 328-2312
Dept. Human Services
sfofet@state.nd.us

Mike Roehrick
(701) 328-4126
Dept. of Transportation
mroehric@state.nd.us